



Cambridge Technical Level 3

Course details

If you love sport and would like to make a career of it - maybe as a sporting professional, teaching, coaching or working in the sports industry - then consider the Level 3 Cambridge Technical in sport

You will:

Develop the ability to work effectively independently and with others.

Build the skills, knowledge and understanding of a wide range of sport and related topics, allowing both the continuation of study or skills for employment.

Gain experience in leading various different sports activities both individually and as a team.

Obtain a qualification that is relevant to the workplace.

Over the course you will have to gain experience leading/assisting various groups of students/children both inside and/or outside of school. This helps the development of important leadership skills and requires a certain level of commitment.

The course can be studied as a single, double or triple award. The 1 A2 equivalent course requires the completion of 4 units in Year 1 and 3 units in Year 2, and involves the completion of both theory and practical work.

Units Covered: (in the single)

Unit 1 : Principles of Anatomy and Physiology

- Explore the structure and function of the skeleton
- The fundamentals of the energy systems
- Develop an understanding of how the human body works in sport

Unit 2 : The Physiology of Fitness

- How the body adapts to exercise
- Develop knowledge of the long term effects of exercise

Unit 3 : Sports Coaching

- Develop coaching session plans
- Planning and delivering coaching sessions

Unit 4 : Current issues in sport

- How the media affects sport participation
- Coverage
- Technology in sport

Unit 8 & 9 : Practical or Individual Sport

- Know the skills, tactics and techniques for both team and individual sports
- Be able to assess your own performance in selected sports

Unit 13 : Leadership in Sport

- Leading a session
- Officiating activities
- Working as part of a team to plan and run different events

Unit 17 : Fitness Training

- Planning and completing a 6 week training programme
- Exploring different training methods

Assessment takes place throughout the year.

Theory assessments include essays,

leaflets, and presentations. Practical assessments include leadership of sport and fitness, outdoor activities and organisation of sports events.

(assessments will depend on the units completed)

Assessment:

The course is 100% coursework, with several assignments for each of the units, assessed finally by a moderator.

Successful candidates should be:

- Organised, Committed and self motivated
- Enthusiastic about sport

The course is graded either Pass, Merit, Distinction or Distinction*.

Course options:

This course can be studied as either a single, double or triple award, which is the equivalent of one, two or three A Levels. The units highlighted are covered as part of the single award (the Technical Introductory Diploma). If students opt for the double or triple award (Technical Diploma or Extended Diploma) units could include areas as diverse as Sports Nutrition, Sports Injuries and Organising Sporting Events.

What could I go on to do after the course?

Complete work-related and occupational qualifications in sport.

Continue into Higher Education on a sport related course.

Move into employment where career options include:

- Sports coaching
- Gym/fitness instruction
- Sport development
- Sports administration
- Youth work



16+ Opportunities

2018

Level 3

Cambridge Technicals Level 3

Diploma in Sport



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